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BEST OF SHARP EATS:

A round-up of the year's top food photos **P. 12**

THINKING OUTSIDE THE HIP HOP BOX

AS DEF 3, DANNY FERNANDEZ PUTS MORE SUBSTANCE INTO HIS MUSIC AND ART **P. 4**



FREE

IN THE CITY

JANUARY 3, 2015 — 9:14 A.M.

Just chillin'



Even Hades (right) wears danger wren on a chilly morning near the Legislative Building. Low-temperature lures and high windschills chase for a cool record in Regina, captured by MICHAEL BELL.

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ON THE COVER P. 4



High school and artist Danny Fernandez stands in front of a mural he painted at Old Fashion Foods on Victoria Avenue in Regina. QC PHOTO BY MICHAEL BELL.

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Wilton Model's winning dish at Gold Medal/Pinkies Poutine is one of the top Sharp Eats creations from 2014. QC PHOTO BY MIKEL NUNCE.

QC COVER PHOTO BY MICHAEL BELL

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3G4.

Rob McLaughlin is editor in chief.

For advertising inquiries contact 381-6521; editorial 1-855-688-6557; home delivery 381-6522. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

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ON THE COVER

Creation of all kinds is what the world revolves around. — Danny Fernandez

MUSIC

Lyrics are the prize in Def 3's eyes



While music is the main focus for hip-hop artist Danny Fernandez, he's also a gifted artist and recently launched Adapt Media, which does mural advertising for local businesses. qc photo by MICHAEL GILL

By Ashley Martin

My lyrics carry truth, meaning
you probably never heard of me."
—So Pac, from Def 3's 2014 album
Widdly

Danny Fernandez's rhymes are
about substance, not substances.
"I think if you were to listen to
an album of mine, you'd have a

pretty good understanding of who
I was as a person," he said.

And who he is: is not a gangsta
rapper Fernandez, 33, is an artist,
a family man and an entrepreneur.
His latest album, *Widdly*, is his
sixth project: the songs' themes run
the gamut — dealing, pain, money,
respect, success. Life, really.

What I write about, a lot of it
is about learned hard," said Fer-

nandez, who performs as Def 3.
"A lot of rap and hip-hop is very
egotistical and glorifying a life that
isn't healthy," said Chris Merik, a
DM and longtime friend. "He brings
that other side to it, where it's not
all about himself."

That's not to say Fernandez
doesn't have fun (his song "Celesta
Wine Master" is a perfect example).
"I don't think it would be hip-hop

without that," said Merik — but he's
more prone to create music with a
message.

"What Def 3 tries to do is make
music with substance and some-
thing that will withstand time, not
dodging with dishes or trends,"
said Merik.

Fernandez is influenced by lyr-
ically inclined artists like Public
Enemy, A Tribe Called Quest and

NWA — people he heard in the
early '90s when he first got into hip
hop.

"I've always been a lyrics guy,"
said Fernandez. "That's what I grew
up listening to and then I guess
that's what I started making."

Conscious lyrics might have been
a given, given his upbringing.
"My parents, they were rappers,"
said Fernandez.

Not all the music I make is politically or socially conscious, but I think in general most of it is and as a person I am that way — Fernandez



Devry Fernandez, a Def 5 series guest based on his experiences that try to raise a more social message. www.1040.com

Ramon Fernandez is from Vista del Mar, Chile. He met his wife Diane, who hails from Toronto, when they were both working at a Chilean school in the late 1990s. When he returned to Canada in 1998, he followed.

Devry Fernandez, their second son, was born in December 1999 in Toronto. When he was three, they decided they wanted a different life.

"They spent the next seven years as missionary relief workers on Mercy Ships' Amalek, which was half hospital, half living space. Living changed 60 other families on the ship. 'They would just travel around and give free health care.'"

They travelled the world, from Africa to South America to Europe and the U.S. "I think at the time I didn't really realize how crazy it was."

When he was 13, the family returned to dry land and spent a year in Van, Texas, as the Fernandez parents worked for the Mercy Ships' head office. The next year, they moved to Regina so Ramon could attend Bible College.

As a 13-year-old attending McLaughlin Elementary, Fernandez discovered his big brother in his first love, skateboarding. Discovering graffiti art was another happy byproduct.

"I found it was just this unique thing and there was this whole culture behind it," said Fernandez, who was a sponsored skater through the Tins Room skate shop. "I felt like I related to it a lot."

His upbringing — being exposed to a multi-tale of cultures, as well as seeing poverty and disease in developing countries — influenced his musical path.

When, at age 20, he started running youth

workshops through CornerWest's Positive Youth program, it further broadened his perspective.

"You learn a lot about yourself and other people when you work with people who aren't as fortunate," said Fernandez. "That, combined with my upbringing on the ship, really shaped a lot of who I became. Not all the music I make is political or socially conscious, but I think in general most of it is and as a person I am that way."

That same year, Def 5 started releasing music, his music clearly inspired by the summer days on a telephone, which features Fernandez's initials (D.F.).

■ ■ ■ ■

His hip-hop could have remained a hobby, but Fernandez was determined to make a career of it.

"I wanted to get that 14,000 hours that people

always talk about ... I just decided if I'm going to be doing this, I have to only be doing this." He estimates he works 60 hours a week.

His parents implored him to take the risk. "They weren't afraid to drop everything and just go do what they wanted to do and I think a lot of people are afraid of that," he said. "I think that's the main thing, was the ability to take that plunge and to not really worry about the risk and to make life as real and as raw. What my parents taught me was to follow those instincts."

His next plunge when he was 18, after being fired from every job that "I ever had" and after a year at the Alberta College of Art and Design in Calgary, where he guesses he spent the bulk of his student loan on creating his first album.

Continued on Page 8

I think as an artist, especially at the time when we started out, you are able to grow at your own rate and experiment musically to get a sound that is different. The scene here is very supportive. — Gaham Murawsky

His penchant for art has begun drawing in age two and business savvy emerged at a young age. When he was 12, he embarked on his first business venture, asking wanderers, residents and visiting them to his mother's friends.

His understanding of business has been important, said Fernandez.

"Unfortunately, the same thing is a small percentage to the actual business of success."

That's not to say he's rolling in cash, necessarily, but he's getting by doing what he loves.

Fernandez spends about seven months of the year on tour, throughout the time, he works as a profit consultant. He recently launched Adagio Media, which does social advertising for local businesses.

He thought about focusing on one or the other, but doing both makes sense.

"One always has a deadline. All the cultures between them, they all work together," said Fernandez.

It works with his faith in creativity, saying:

"Creation of all kinds as what the world revolves around," said Fernandez. "I think if you're creating and giving back to the universe or whatever you believe in, the universe will provide for you and it will come back to you."

He has seen positive results of his giving back. He once heard from a fan that he made a date that person think twice about something similar.

A friend in Denver, Colo., depicting Babes Wilkins as Mark merely brought a smile to more than one person.

♦ ♦ ♦ ♦ ♦

Reggie's hip-hop scene is small. When Fernandez started, it was basically non-existent as far as people doing it professionally.

I was lucky enough to be from here and kind of be one of those guys really doing what I was doing. People were very supportive," said Fernandez.

He remembers Azukinabe Pase as the first, and one by guys on the scene included DJ Kracka and DJ Quarta.

In Grade 10, Thom Colegrove, Fernandez started making music with his friend Andrew Biles. "I was making mix tapes with my dad's stolen Dickies, breaking several law turntables."

Then came the MC battles, hosted by Brad Bellegarde (deceased) of the State — "That was before I Mile, I always like to clarify that," said Fernandez.

It was around that time he met Mark.

"Whenever I did hip hop kind of congregated to the same scene and went to the same shows. We just kind of went through the scene," said Mark, who met Fernandez around 2008.

Fernandez started throwing house party shows, and things started catching on. Music support grew. He started knocking out into other cities, like Saskatoon.

He met Graham Murawsky, a Saskatoon-based producer or better known as Proctor Chaudhry, around 2003.

Working together opened Fernandez's eyes as to how to independently release music.

Continued on Page 8



Gaham Fernandez painted the graffiti tribute to Babes Wilkins in Denver, Colo. It was completed Sept. 3 and garnered a lot of attention across the United States. PHOTO COURTESY OF GAHAM FERNANDEZ.

JANUARY

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I think if you're creating and giving back to the universe or whatever you believe in, the universe will provide for you and it will come back to you. — Fernandez

"Denny is very driven. He always has something on the works," said Mursensky.

"Working with Denny is never a task that's for sure," said Mork. "When we work on something, it kind of just flows."

"Everything he does is a step up from the last thing. He's always pushing himself as an artist and that's very encouraging and motivating to those who work with him and who are around him because then we push ourselves."

In the early days, part of pushing himself as an artist meant collaborating with a variety of musicians (including local indie rock bands like Rah Rah, Javi Buford and Literary Vagina Today) but there was a diverse audience because of that.

"People started to be more accepting of it and I think it was maybe because what I was doing, it wasn't the typical hip bag that people were expecting," said Fernandez.

"The music scene here in Saskatoon is very unique," said Mursensky. "I think as an artist especially at the time when we started out, you are able to grow at your own rate and experiment casually to get a sound that is different. The scene here is very supportive."

In 2005, Fernandez and his dad started a group for a buffet of the bands' content. Ope! lasted until about 2010. When the Latin-influenced band headlined a Regina Folk Festival after-party in 2006, it fit: hand-drawn members, including a horn section, steel drums, Chilean cactus, penis, and Def J's rhymes.

"I'm still doing stuff that's kind of influenced by that," said Fernandez who has spent the last four years learning "pretty much nonstop," mostly with Vancouver hip-hop act Justice Breaching Views.

Today Fernandez's base is in Vancouver — when he's not on the road. But his ties to Regina remain: he's back at least once a month, he says, and he maintains a 500-page music blog.

But that's a relatively recent change. He stayed in Regina as his career was gaining momentum because "I started to realize that I was building something and that I was surviving here pretty well."



Denny Fernandez stands beside a mural he painted at Queen's Quay on the PIRs Avenue Convergence Drive in Regina. (JP/STANLEY ROSE LIPST.)

"I love Saskatchewan. I think without it I wouldn't be who I am," he added. "It gave me a unique perspective, as did my upbringing before that... What people think would be so frustrating — the opportunities were more because there was less people doing it."

Regina's hip-hop scene is more diverse today than it used to be, said Mork.

There's a lot more styles in Re-

gina. It kind of stems from Def 3 and the scene was built upon guys like that and the Dubs who came before," said Mork.

"We kind of started this thing. Well, we can make rap too." The making of hip-hop and the recording of hip-hop in Regina didn't really start until about 2005, 2006, and that was when we had started putting out albums," added Mork. "It kind of built upon that and it's

come a long way for sure, when originally we could have counted the amount of rappers in the city on our hands. Now you could probably count at least 50 to 100. I'm sure."

Every time I come back here it blows my mind to see that now people kind of look at me or (other) like we started this thing. So Saskatchewan hip-hop," said Fernandez. "All these little seeds that were

planted to grow into something big and I'm excited to see what's going to happen in the future here."

"It's nice I where you're from. It's where you're at. I look at groups like Rah Rah and they're killing it. They go around the globe and it's awesome that they just live here and they stay here and we kind of breathe Saskatchewan."

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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#MICHAEL POMEDELI

Living with Animals: Ojibwe Spirit Powers

Although our family farm in the Pigeon Lakes district was not near an Indian reservation, we had contact with aboriginal people.

My father hired them to stack the grain and my mother gave them her delicious kumuk. Our house was adjacent to a historical monument and I gathered and sold buffalo bones from the skins of our neighbours.

In high school, students and I shared ideas about aboriginal people, although this topic was not in the textbook nor part of department exams.

At university I researched and taught about natural sciences, although my colleagues thought



Michael Pomedi

For Ojibwe medicine societies, and for their cultures in general, specific animals typify the

there was little academic value in such a pursuit and it would not lead to my publishing and instead to perishing.

However, in a casual conversation, the head of the Native Law Centre, Selby Henderson encouraged my pursuit and supported I examine the role that animals play in Ojibwe culture.

My book, *Living with Animals: Ojibwe Spirit Powers*, tries to do just that. In 19th-century Ojibwe birch bark scrolls, rock art, medicine bags, dreams, songs and stories, describe the importance of animals.

According to my book, other is as the first level, over the second, bear as the third, and water and sky creates the fourth.

Animals are spirit powers, healers, keepers and protectors. Animals are teachers of morals, community pillars and leadership guides. They speak and sing from more than 100 images in my book and one bird is a good, integrated life.

At a time when we are seeking away that all of us in Saskatchewan are treaty people, we can also acknowledge that treaties were signed by two parties, native people and the Crown. So we in this Saskatchewan Canadian enterprise are partners with one another. I hope that my book brings some light on the cultural values that our partner brought and continues to bring to treaty signings.

My book is available at McNally Robinson in Saskatoon.





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The True Mark

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JOHN chapters 1-21



Best of MOMENT IN TIME

MOMENT IN TIME BEST OF 2014

They say a picture is worth a thousand words, and we think it rings true. Each week on our In the City page, photographers capture a moment in time to represent the week in Regina. Here are the best of the best from 2014.



April 19, 2014 — 12:19 p.m. A shaggy penguin during the penguin party at the First Nations University of Canada powwow held at the Royal Centre. *gc photo by MICHAEL BELL*



April 18, 2014 — 10:44 a.m. Lillian (left) and Kyle (right) pose, colour right, carry a cross during the annual Stations in the City held in downtown Regina. *gc photo by MICHAEL BELL*



April 15, 2014 — 1:07 p.m. Scotty Benner (top) poses for a photo, dressed as a boxer, during the Regina Golf Association's second annual tour name of Fred in Douglas Park. *gc photo by MICHAEL BELL*



Feb. 23, 2014 — 3:11 p.m. Natalia Foster of Arcadia Fitness performs during Taboo 2014 held at the Lonsdale Arms Centre in Regina. *gc photo by MICHAEL BELL*



May 21, 2014 — 3:24 p.m. Sgt. Peters of the Royal Winnipeg Police performs a ceremonial tearing of the yin during a Royal Regina Police change of command parade held at the Legislature building. *gc photo by MICHAEL BELL*



Nov. 4, 2014 — 2:13 p.m. Bianca Sengco (left) and Seneca Wolf (right) pose for a photo with their owner, David Backmeier, while he races a truck in a race. *gc photo by DENISE HALL*



March 2, 2014 — 11:20 a.m. The South Saskatchewan Cycle Patrol Chapter's Don Deane (left) poses with a group of children who dressed as their favourite fairy tale character and were entered in a royal fashion show sponsored by Barry's hair salon and a special performance by Snow White and the seven dwarfs. *gc photo by DENISE HALL*

Best of **MOMENT IN TIME**



June 7, 2014 — 9:11 a.m. A performer struts on a horse during the 94th Victoria Circus performance in the parking lot of the Northgate Mall. **PHOTO BY MICHAEL BELL**



Aug. 24, 2014 — 1:07 p.m. Ridge Deck watches his players win a defensive foul for the Regina Thunder football team as they play against the Edmonton Eskimos in Regina. **PHOTO BY MICHAEL BELL**

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Best of SHARP EATS

BEST OF 2014

By Jenn Sharp

It's a great time to be a food writer in Saskatchewan. The dining scene is continuously changing and chefs are always cooking to new tastes and tastes.

The trends of 2014 included characterful food trucks, gluten-free and allergy-conscious menus, a lot of great new places opened, too (and one old favourite reopened in a new location). The beauty of dining in Regina is the choice. Spanish inspired comfort food? Upside pineapple? Chile downhewn? It's all here and ready, ready now.

One of the biggest food stories to come out of Regina was chef Milton Rebello's win at Gold Medal Plates in November. He's the first chef to win at three in Saskatchewan and will be going to Colombia, B.C., in February to represent the Queen City at the National Culinary Championships.

One trend I'm sure to see to stay in the local food movement. Chefs and restaurateurs are doing a fine job of educating customers (and their palates) that local is the way to go—at a dish without dense and sustainable. Hats off to those that support Regina's dining scene and to those that support the new, independent spots. It's a tough gig to run a restaurant in this city. If you like what you see, visit, tell a friend and if not, tell the chef. Happy dining in 2015!



The Veritas: The Room stacks over 30 dishes every day.
QC PHOTO BY TONY HUTCH



Milton Rebello, top winner of Gold Medal Plates Regina, receives his winning dish at the Wascana Golf and Country Club in Regina.
QC PHOTO BY TONY HUTCH



(From left) Jennifer Schaefer, owner of Schaefer's, and Jane Van Dal of Body Fuel Organics, local organic food line for delivery to customers in Regina.
QC PHOTO BY TONY HUTCH



Phoenix: Dish guest chef chef's table 33 prepares a Portuguese-Inspired dish of curried pork chops with a sage reduction and roasted squash.
QC PHOTO BY TONY HUTCH



Cooper & Arts: Chef owner chef's table 33 prepares a dish of curried pork chops with a sage reduction and roasted squash.
QC PHOTO BY TONY HUTCH

See a food trend you think deserves a highlight? Email qc@leaderpost.com or visit us on Facebook

GARDENING

#PREPARING FOR SPRING

Out with the old, in with the new

By Erl Svendsen

It's that time of year again when I start to look for what's new in the plant world.

The first place I go to is the All America Selections (AAS) sign-in station. (www.allamericanselections.org) The AAS, established in 1960, is a non-profit, independent organization whose mission statement very clearly explains what they do: "To promote new garden seed varieties with superior garden performance judged in impartial trials in North America." This year, they have announced four new annual bedding plants worth trying in your garden.

Like most gardeners, I love Pink Pimpernel. It is easily suited for the shade, perhaps more so than other varieties because it is completely resistant to downy mildew — the scourge or nook, most shade. But it will grow well for you in the sun as well. And because of its disease resistance and vigor it will last from spring to first frost.

You will be amazed by the continuous masses of stunning bicolor, three character diam. over pink blossoms. No deadheading or staking required, and it is resistant to being in containers and hanging baskets as well as in the ground as low-growing edging (25-30 cm tall). They are available only as plants, not from seed.

Another exciting impatiens, Heartless Spreading Heart Pink, is also resistant to downy mildew. And like its name implies, it is tolerant of full sun and heat.

It has a vigorous root system that lets it take off as soon as it's planted in the spring and continues to give me all up until first frost. The large (5 to 7.5 cm) soft pink or coral blossoms stand out against dark green foliage. A low maintenance plant, it is suited for containers and hanging baskets

as well as an edger or a median to fill divider in the garden. And with its spreading habit, Heartless makes a good ground cover too. It is available only as plants, not from seed.

Trilogy Red petunias is, as one would expect, a solid red petunia cultivar.

Like the rest of the Trilogy series, Red has a compact mound form with large, sun-facing flowers for a season long show. It is very heat tolerant and shakes it self off quickly after a rain showing not to look bedraggled like other varieties after a soaking. Plant it in full sun in containers and hanging baskets or in the garden as a median (60 cm — 90 cm) or water. It is available from seed.

Summer Jewel salvia are dwarf, solid salvia (30 to 40 cm), and the latest introduction, White, is a welcome addition to the previous two cultivars. Pink and Red (also previous AAS winners).

It flowers in average two weeks earlier than other white salvia and as a bonus, bees, butterflies and humming birds all love the large flowers. Heat and sun tolerant, plant in full sun for best performance. Great in containers or massed in flower beds for a huge impact. It is available from seed.

AAS mentions a list of previous winners and a list of suppliers of recent winners on its website. However, because these four varieties are new, it may be difficult to find a supplier this year. But if you do, you'll be the first in the neighborhood (or even the city) to try these exceptional plants this year.

This column is provided courtesy of the Southwestern Perennial Society (www.southwesternperennial.org or hortnews@psnw.org). Check out our bulletin board or calendar for upcoming garden information sessions. Also 40 — Developing the Garden at Turner del Sol.



Impatiens Bicolor Pink Lance



Impatiens Sun-Raiser Spreading



Petunia Trilogy Red Center



Salvia Summer Jewel White

OUTSIDE THE LINES

Colouring contest

Each week artist Stephanie Makay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to lead@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Kayli Hach**. Congratulations! Thanks to all for your colourful submissions for again this week!



BACON
Portabella
MUSHROOM MELT
OR
BRIOCHE

Warm, Melty Cheese,
Savoury Portabellas,
Crisp Bacon on Brioche



Wendy's

GARDENING

* GARDENING IN SASKATCHEWAN

Sprout seeds in your kitchen for produce year-round

By Jackie Bantle

One of the most desired parts of winter are the lack of local, fresh produce in our kitchen. However, with a few seeds in our kitchen, fresh, nutrient-rich sprouts can be grown in your own kitchen, year-round.

Sprouts are fast growing plants, generated from seeds. The sprouting process triggers multiplication of proteins, transforms carbohydrates into simple sugars for energy and concentrates it inside with no loss of the great antioxidant value into the leaves. Sprouts are an excellent source of vitamins.

Sprouting seeds is easy. Only a few supplies are needed: a small amount of good quality seeds, a large glass or clear plastic jar with a wide opening (such as a quart-sized jar used for canning/dill pickles) and a square of nylon mesh or screen, along with a rubber band that will fit over the mouth of the jar.

Step one of the process is soaking the seeds. Place seeds in the jar and cover with clean, potable water at room temperature. Soak smaller seeds like broad or radish for six hours and larger seeds like beans or peas for 12. After this soaking or soaking stage, pour out water through the mesh and, rinse seeds with fresh water.

After soaking, draining and rinsing seeds, place the jar in a dark place. What for the seeds to germinate. This can take anywhere from one to 15 days, depending on the seed. While you wait for the seeds to germinate, the seeds should be rinsed at least twice (preferably three) daily.

Always use clean water near room temperature for rinsing. Once seeds begin to produce leaves, place the container in a bright spot to allow green chlorophyll in the leaves to develop. Never place any sprouting seeds in direct sun. Sprouts are ready to eat in soon as leaves or roots are visible.

Sprouts that lose their hulls, like sunflower seeds, need to be drained in a different manner than seeds without hulls. Once the sunflower seeds have sprouted, place them in a sink or a big bowl filled with water. Gently separate the hulls from the sprouts using your fingers. The hulls will float or sink in the water and must be removed prior to the sprouts.

Store sprouts in the fridge for up to two weeks. Keep the sprouts in a sealed container and rinse with cold water every two days. One of the main reasons for sprouting seeds is to

SPROUTS: WHAT YOU NEED TO KNOW

Recommended seeds

- alfalfa
- red clover
- sunflower
- broccoli
- broccolini
- black seed
- chick peas
- lentils
- mung bean
- mustard
- radish
- sesame
- soybean
- wheat

The best way to avoid illness is to purchase seeds from a reputable source.

- Muench's Sprouting Seeds — located in Toronto, Saskatchewan (www.sprouting.com)
- Sprout Master — Illinois, Ontario (www.sproutmaster.com)
- Nutrena Sprouts — Carleton Place, Ont. (www.nutrenasprouts.com)



Alfalfa and wheatspouts are two seeds that work excellent for sprouting. PHOTO COURTESY JACKIE BANTLE

concentrate on the sprouts with a bacterial infection such as salmonella.

The key to avoiding this risk of infection is to purchase real sprout seeds that are sold for sprouting purposes and have been tested for pathogens. For extra measures, one can add 1 drop of vinegar or five drops of food grade hydrogen peroxide (5% per ounce) 1 tsp of hydrogen peroxide (5% per ounce) to two cups of water for soaking seeds.

For more detailed information about sprouting seeds, I recommend the book *The Wonders of Sprouting* by Lucie Desjardins. It's available from your favourite sprouting seed supplier.

Happy sprouting!

Bantle is a horticultural living in Saskatoon.

This column is provided courtesy of the Saskatoon Perennial Society (www.saskatoonperennialsociety.com). Check out our website or contact us for upcoming garden information sessions. On Nov. 30, My Garden Project will showcase horticulture enthusiasts around more from training young gardeners to a family building a park.



Alfalfa seeds are the growing stage of sprouting, which can be done easily in your kitchen. PHOTO COURTESY JACKIE BANTLE

ASK ELLIE

Trouble arises when ex-spouses override new partners

Q. My partner of several years is divorced, with a teenage son who lives with his mom. His son is as much as possible, and brings him to our house.

His ex-wife, who lives with her new partner, doesn't like me. When we pick up his son, I keep my distance. I feel it's best for me and her son as the father be civil.

Because my partner and his ex were married for so long, she still attends all his family gatherings, including Christmas. She'll turn her back or make inappropriate comments towards us, which makes us both uncomfortable. We end up not attending these gatherings with his siblings. They're unhappy that we decline, but we don't want to ask that she be excluded.

How do we approach this situation so that we're part of the family too?

Submitted by K

A. Time for your partner to speak up. Her childhood made her see the boy as her sister, but her position as the boy's mother and what she thinks is

Ask Ellie



her primary place in the family.

We should tell her that you're kind and helpful to their son and respectful of her role as mother. Then he must be clear that her address to you at family gatherings when their son is present, is unfair to the boy and makes everyone uncomfortable.

Even if she's unreasoned, he also needs to speak up to his siblings. It's unreasonable that they exclude her and accept her rudeness over their own brother and his chosen partner.

By that time it's you two who should be invited to the main events, especially Christmas, and their former sister-in-law invited separately.

with her partner and her son for dinner, coffee, or other smaller gatherings.

If the relations are unending, there are two approaches — go away, hold your head high and laugh off her foolish gestures and comments. Or say you can't attend, and regret that they've pushed away their own family.

Ellie I'll go and I'll tolerate with whatever guests have the grace to spare his ex's mistress, which everyone will recognize as such.

Q. I'm almost 13, and I want to live with a guy because I think about him all the time, and I love every thing about him.

Question: Is it too young to date? I don't think anyone likes me. I've been called fat, ugly, stupid, stupid, where, pervert, gay, stupid, I'm not cool, will never do it, etc. I don't believe it all, but it gets to me. I want to know how to safely lose weight. I weigh 165 pounds.

Grateful for Help

A. Your questions show that you're smart, thoughtful, and self-protective, by questioning your readiness to date, knowing that body issues are just that, and wanting to be healthy, not stick with it.

If you're too young for the intensity of dating with its ups and downs, Age 13 is a time of change towards teenage that will last your lifetime, and you need to build self-confidence and convictions about how to handle dating.

While away from adults. Tell your parents, and/or a school official that you're being bullied. Seek out one trusted friend, and/or help a younger student who needs it.

Ask your mom to help you make a doctor or clinic appointment for a health check and to help you learn which healthy foods and meals encourage safely losing weight.

Q. My boyfriend at one year and I are late 20s. He lives on his own but when he had his, he stayed with his parents until better.

He likes us to sleep over at his parents' house on special occasions like Christmas Eve.

His parents do things for him that I'd never expect from mine, though I have a good relationship with them and love them dearly.

But I have no desire to have a couple's sleepover at their house. Are these red flags or am I just too independent?

Freedom 28

A. You two are different, likely raised differently. These are not necessarily red flags but they're alerts.

If he needs his parents' advice on couple-related decisions — e.g. where you might vacation and whether alone or with them — then you should discuss issues about his dependence.

For sure you have someone who likes sharing Christmas meals, you with you, and being cared for when sick. Unless you're asked to be his maternalist, that's not so weird, same.

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2012 Ford Edge	\$24,995
2012 Jetta Highline TDI	\$25,995
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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Jan. 7

Wednesday Night Folk: Black Brook Tides
Bushman's, 2205 Dewdney

The Alley Garage
Leaside's Tavern, 2330 Albert St.

Thursday, Jan. 8

The Millman's Song
McCarthy's, 2226 Dewdney Ave.

Cultural Exchange Holiday Party
7 p.m., The Exchange, 2431 Eighth Ave.

Brian Kelly
The Pump, 641 Victoria Ave E.

Friday, Jan. 9

Kiss Fridays
HQR, 1475 Toronto St.

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The United Spirit Centre, 3015 Glen Dr. Cell
Miss, 306-558-8901.

Threebeard, Whiskey Manner
Orion's, 1947 Scotch St.

Open stage jam
Holding The Line, Trappers Blockade Fundraiser
The Club at The Exchange, 2431 Eighth Ave.

Brian Kelly
The Pump, 641 Victoria Ave E.

Saturday, Jan. 10

Open Acoustic Jam
3-5:30 p.m.
Broadway's Lounge/Western Plaza, 1337 Broadway Ave.

A Hero's Symphony
Regina Symphony Orchestra
Musée Macdonald
8 p.m. Confess Arts Centre, 200 Lakeshore Dr.



The United South plays The Exchange on Saturday. QC.FIRSTFIDELITY.COM/REVIEW

Greg Rekas
Artful Dodger, 3631 19th Ave.

Brian Kelly
The Pump, 641 Victoria Ave E.

The Dead South, in with The Old, Calfire Wolf
The Exchange, 2431 Eighth Ave.

Swain Ritter Band
The Laneside, 4329 Gordon Rd.

Sunday, Jan. 11

Amy Hillis, violin and Meagan Millette, piano
Regina Musical Club 2014
Recital Competition Winner
2 p.m. University Theatre, U of R Student Centre

Open Jam
Every Sunday 3-6 p.m.
Majic Club, 639 Victoria Ave.

Monday, Jan. 12

Monday Night Jazz & Blues: The Jazz Band-Box

Bushman's, 2205 Dewdney

Tuesday, Jan. 13

Kennedy
McCarthy's, 2226 Dewdney Ave.

VISUAL ART

Curtin Muller's An Index of Saskatchewan Poems and Other Curiosities
Writers' Hub Muller will use her interests in memory, history, ephemera, and other curiosities to guide her selection and presentation of the important cultural holdings of the Dalrymple and RSM.

Until Jan. 15 in situ - Central Mall, 2911 12th Ave. AMO Royal Saskatchewan Museum, 2445 Albert St.

Satanism
Assorted media by various artists
Until Jan. 17 1616 Fine Art Gallery, 2018 Halifax St.

Lisa Blackard carpet [red

stripe painting: walking the line]
red carpet follows its elegantly-artified female subject as she saunters down a seemingly endless red carpet, cutting through ever-changing Canadian landscapes
Until Jan. 18, Dunlop Central Metropolitan, Central Library, 2311-10th Ave.

Reacts & Refs: Protest and A Project About Learning
B3 Burns' recent work is dealing with longing - for success for assistance, for recognition, for a different type of world. With long-term friend Emily Winkler, Burns makes over 6 plans to art world celebrities, critiquing the political system that supports them.
Until Jan. 18, Dunlop Art Gallery - Central Branch, 2391-12th Ave.

Hope
This group exhibition looks at various ways that contemporary artists interpret and explore the concept of hope

The show features a diversity of approaches to the topic from a Julian to a national. Guest curatorial Holly Fay
Until Jan. 23 Art Gallery of Regina, Neil Bellville Civic Arts Centre, 3420 16th Street St.

They Could Have Done It Better
Exhibition examines as our uncanny relationship to technology, and imagines ways it - and we - might adapt. The first major solo exhibition by Regina-based sculptor Courtman
Until Jan. 25, MacKenzie Art Gallery, 3475 Albert St.

Contemporary Canadian: The Artists of Scott Nicholson
Fine Arts features works of art that portray the essence of contemporary Canadian fine art.
Until Jan. 31, Regina Centre Crossing, 3621 Albert St.

Contemporary Canadian: The Artists of Scott Nicholson
Fine Arts

Until Jan. 18 Government House, 4827 Dewdney Ave.

Maria Velkova: Splendid
Velkova's work explores how perceptions of "Communist" are constructed. The photographs, ink-and-gouache, depict Velkova as a symbol of Disneyified Canadianism.

Until Feb. 6, Dunlop Art Gallery - The Royal Wilfrid Grenville, 6321 Rochdale Blvd.

Cracking the Imagination
Tracing the art of carting from its roots in Asia and the American West to works that span the 20th century
Until Feb. 8, MacKenzie Art Gallery, 3475 Albert St.

Assemble de Réalité
3266 Smith St.
Open Tuesday to Friday, 10 a.m.-10:30 p.m., Saturday 12 p.m.-5 p.m.

Neutral Ground
4239-1654 Seacht St.
Open Tuesday to Saturday, 11 a.m.-5 p.m.

Coloured Ink and Fine Arts
Oil and ink passages by Chinese artists Linping Jiang and Hanyu Tian.
2012-2013 St. Open Monday to Saturday, 10 a.m.-5 p.m.

COMEDY

The Laugh Shop
Live standup every Saturday night, 9:30 p.m.
Open House, 1554 Victoria Ave.

PERFORMANCE

Men in Dance Festival
An eclectic array of male dance creators and performers, presented by New Dance Horizons.
Until Jan. 19 University of Regina Student Centre. Visit newdancehorizons.ca for more information.

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com



Carlyle (U of O) Caupers volleyball teams matched on Friday and Saturday. QC/ST PHOTO BY BOB HEALY

DANCING

Fun Dancing

Learn to square dance, round dance or clay. First two nights free. Jan. 8, 6-7:30 p.m.
St. James Anglican Church,
1005 Empress St.

Practice Dance

Regina Ballroom Dancing Club
Jan. 10, 1:30-10:45 p.m.
Lakewood United Church Hall,
3203 McCollum Ave.

Retro Dance Party

Every Sunday
McNelly's, 2236 Dewdney Ave.

SPORTS

Regina Pats vs. Everett

Jan. 7, 7 p.m.
Broadway Centre - Evisu Place

Women's volleyball

Caupers vs. Trinity Western
Jan. 10, 6 p.m.
U of R CHHS

Regina Pats vs. Edmonton

Jan. 8, 7 p.m.
Broadway Centre, Evisu Place

Women's hockey

U of R Caupers vs. Alberta
Jan. 8, 7 p.m.
Cooperators Centre - Evisu Place

Men's volleyball

Caupers vs. Trinity Western
Jan. 6, 7:30 p.m.
U of R CHHS

Women's hockey

U of R Caupers vs. Alberta
Jan. 10, 3 p.m.
Cooperators Centre - Evisu Place

Women's volleyball

Caupers vs. Trinity Western
Jan. 10, 6 p.m.
U of R CHHS

Men's volleyball

Caupers vs. Trinity Western
Jan. 10, 6:30 p.m.
U of R CHHS

Regina Pats vs. Prince Albert

Jan. 10, 7 p.m.
Broadway Centre,
Evisu Place

FOR FAMILIES

Stars and Stripes

Wednesday, 1 p.m.
Cineplex Odeon Southland Mall, 3203 Gordon Rd.

Bele A Difference

Combat bullying through

teasing, spread kindness with a cookie.
Wednesday, 5-7 p.m.
Sweet Ambrosia Bakeshoppe,
230 Waverley St. N.

Drop-in crafts an elgym.
Free event for youth aged 5-16.
Thursday, 4-6 p.m.
Kardaleen Community Centre,
615 6th Ave.

Men and Tot Brawl Meetings
Hosted by Kate Mummy, 306-
215-2511.

Friday, 10-11:30 a.m. Early
Learning Family Centre, Scott
Collingate, 3250 7th Ave.

Build and Grow Clinic
Build a special feature project
for children ages 7 and up.
Saturday, 10 a.m.
Lowell, 4553 Gordon Rd.



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EVENTS

Drop in Indoor Playground
Friday, 9-11:45 a.m.
South Leisure Centre, 170
Sarnett Dr.

Musicals Kicks Club
Saturday, 10 a.m.-noon
2048 Prince of Wales Dr.

Family Favourite Films
Join a favourite film for just
\$2.50.
Saturday 11 a.m. Galaxy Cinemas, 425 McCreery Blvd N.

Family activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre,
2903 Powerhouse Dr.

Family Sitnido Sundays
Sunday, 2-4 p.m.
McKenzie Art Gallery, 3475
Albert St.

Parent and Preschooler
Ages 3-5
Monday, 9:30-10 a.m.
At Kinco Family Wellness
Centre, 443 14th Ave.

Science Time for Kids
Interactive workshop aimed
at early learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre,
2903 Powerhouse Dr.

Drop-in crafts and gym
Fun event for youth aged
5-16.
Tuesday, 4-6 p.m.
Goodview Community Centre,
810 66th Ave.

MUSEUMS

Asia Youth School Museum
6025 Fourth Ave.
Teens by appointment only
(306-523-3000)

Governments House Museum
at Heritage Property
4837 Dewdney Ave.
Tuesday to Sunday,
9 a.m.-4 p.m.

RCMP Heritage Centre
5907 Dewdney Ave.
Open 9 a.m.-6 p.m. daily.



The Science Centre makes living fun! Major's is here for a visit. GOALPHOTO BY MIKA KOLAKOSKI

Civic Museum of Regina
1211 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday-noon-4 p.m. Closed
Sunday and Monday.

Regina Firefighters Museum
3205 Ross Ave.
Teens by appointment (306-
777-7714).

Regina Floral Conservatory
14206 42nd Ave.
Open daily, 1-4:30 p.m.

Royal Saskatchewan Museum
2645 Albert St.
Open 9:30 a.m.-5 p.m. daily.

Saskatchewan Military Museum
1600 Bohlenstone St.
Open Monday and Tuesday,
7-9 p.m., or by appointment
(306-347-9349).

Saskatchewan Science Centre
2903 Powerhouse Dr.
Tuesday-Friday 9 a.m.-6 p.m.
Saturday-Sunday and holi-
days noon-6 p.m.

Closed Mondays.

Saskatchewan Sports Hall of Fame
2205 Victoria Ave.
Monday-Friday 10 a.m.-4:30 p.m.
Closed weekends.

OTHER HAPPENINGS

RCMP Sergeant Major's Parade
Wednesday, 12:45 p.m.
RCMP Depot Division, 5600
11th Ave.

ALIA home brewing club meeting
Teens include: Brewed for
Judges (what they look for)
and Sour Beers. Newcomers
welcome.
Jan. 3, 8 p.m.
Brewwalker basement club
room, 2405 Dewdney Ave.

Children's Fabulous New Year's Celebration
Super, performances and
dance, \$4.00 for adults. For
more information call 266-
352-076.

Jan. 12, 5-10 p.m.
Corvus Arts Centre Conser-
nio Hall

Plots & Pious Trivia
Sundays, 8:30 p.m.
O'Henrys, 1547 Scotch St.

"Hottest Saskatchewan's Pink Gold"
Author and former MP John
Bertram speaks at the Cana-
dian Club luncheon
Jan. 12, noon.
Delta Hotel,
1979 Saskatchewan Dr.

ChowDay Challenge
Drop-in gathering of board
game enthusiasts.
Every Tuesday 6 p.m.-mid-
night.
Botton-Pizza,
540 Albert St. N.

FILM

Monomy
Dennis
A widowed single mother,
raising her violent teenage
son alone, finds new hope
when a mysterious neigh-

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Send events to QC@leaderpost.com

bour's insect's head falls
into their household. Written and
directed by Xavier Golan

All the Messenger
Chris Daniels
American Pulitzer Prize-
winning journalist Gary Webb
(January feature) stumbles
into a story of which leads to
the shady origins of the men
who started the crack epi-
demic on the nation's streets.
Alleging that the CIA was
aware of major dealers who
were smuggling cocaine into
the U.S., and using the profits
to arm rebels fighting in
Nicaragua, Webb dips deeper,
despite warnings from drug
linguists and CIA operatives
to stop. In 2004, the investi-
gative journalist was found
dead with two gunshot
to the head. His death was
ruled a suicide. Based on Rick
Shoup's 'Kill the Messenger'.
How the CIA's crack-cocaine
conspiracy destroyed jour-
nalist Gary Webb. Based on a
true story.

Regina Public Library Theatre
2011 (2nd Ave.) 306-777-6704
...

Flight of the Butterflies
Documentary
Jen Whitte of millions of
butterflies on an amazing
journey to a remote biodiversity
in the mountains of Mexico.

Island of Lemnash-Nagagan
Documentary
Jen Whitte at the island
to visit the island to learn
the island's history and
the island's people.

Journey to the South Pacific
Documentary
Narrated by Cate Blanchett.
This is a film about the real
islands of the South Pacific
islands of remote West Papua,
where the flowers above
and below the sea. Jen Whitte,
a young island boy, as he takes
us on a journey of discovery to

the magical place where we
encounter whale sharks, sea
turtles, manta rays, and other
rare creatures of the sea.

Interstellar
Sci-Fi
A group of explorers make
use of a newly discovered
wormhole to surpass the
limitations on human space
travel and conquer the vast
distances involved in an
interstellar voyage. Directed by
Christopher Nolan.

Kinross Lines
2903 Powerhouse Dr.
306-523-6279

NEW MOVIES

Taken 3
Thriller
Ex-cop-turned-private investigator
Mike (Liam Neeson) re-
encounters with his ex-wife
(Famke Janssen) is tragically
shot short when she is brutally
murdered. Consumed with
rage, and framed for the
crime, he goes on the run to
avenger the relentless pursuit
of the CIA, FBI and the police.
For one last time, Mike must
use his "particular set of
skills" to track down the real
killers, exact his unique brand
of justice, and protect the
only thing that matters to him
now... his daughter (Maggie
Grace).

Galaxy Cinemas
420 McCreery Blvd N.
306-523-9000

Checkers Odeon
Southwest Mall Cinema
3025 Gordon St.,
306-545-3355

Rainbow Cinema
Golden Mile Shopping Centre
3056 Albert St.,
306-393-5299

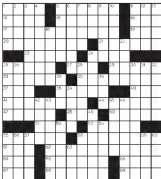
Events listings are a free community
service offered by QC. Listings will be
printed in the order they are received and
intention is to provide a service to the
community.

#CROSSWORD

NEW YORK TIMES *Edited by Will Shortz*

ACROSS

- 1 ... (Don't mess!) (M)
(Spirited M)
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WINE WORLD

LOCAL WINE SCENE

Our Daily Red a genuinely nice table wine

By James Romanow

I drink a lot more organic wine than I did a decade ago. Part of the reason is that the stuff is more available. Also, organic wines have shaped eating as "organic" and started calling it "wine." But the other reason is that a lot of wine people drink these days is wine on steroids.

As the technology of winemaking becomes better understood and more widely disseminated, wine makers look to making wine in the same way bodybuilders look to getting ripped. They did it because they could. And as Pinot Noir becomes one of the most popular wines in the world, a lot more need to be great.

The result is thousands of wines that are interesting in their own way but aren't really in balance.

I picked up a cute label red the other day as a matter of research and found myself really enjoying the wine. Enjoying it much more than the price would have indicated. Our Daily Red from California is a blend of robust, varietal, varietal, varietal and organic. It also happens to be not just organic, but vegan friendly as the makers use no animal products during production.

Even better yet, it is a genuinely nice table wine, refreshing, really when the weather warms. The first thing you notice is the clean bouquet of red fruit. The palate is scrumptious



with a great balance of acidity and structure. The tannins are unobtrusive but still present and accounted for.

So about this is a damn near perfect table wine — right down to the price. (I've told you you can get it at America's Trader Joe's for \$15.) They sell it as a 1.5-liter bottle but I haven't seen that here yet.

Our Daily Red isn't *****. Look up Monday's paper for cheap wine list on Twitter @jbrmanow

Crossword/Sudoku answers

2	OUNDS	1	DAMN	10	WOW
EXPERT	ALAT	ANA			
BERATE	FLIX	LEN			
UNITY	APP	YOMIT			
	SITKA	PANRELY			
CHIDE	TERR	ARLO			
PANEL	BLAST				
ALGOAL	ORG	REFER			
	GOD	EMOTT			
DOHS	ENVA	ABRAM			
ENDOUNCE	LETT				
FEMBOT	BIT	TRIR			
RER	TARD	HETERO			
AYR	CROC	ICESAW			
GEE	HECK	CURSES			

9	8	3	5	2	7	1	4	6
2	5	6	1	9	4	3	8	7
7	4	1	8	6	3	2	5	9
5	3	8	6	7	9	4	2	1
1	6	7	4	5	2	8	9	3
4	9	2	3	8	1	7	6	5
3	2	5	9	1	8	6	7	4
6	7	4	2	3	5	9	1	8
8	1	9	7	4	6	5	3	2

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